

# Statistics Report 15040, Fish, herring, Atlantic, cooked, dry heat

Report Date: June 25, 2017 19:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	64.16	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Energy	kcal	203	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	849	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	23.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Total lipid (fat)	g	11.59	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Ash	g	1.87	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	74	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Iron, Fe	mg	1.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Magnesium, Mg	mg	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Phosphorus, P	mg	303	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Potassium, K	mg	419	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Sodium, Na	mg	115	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Zinc, Zn	mg	1.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Copper, Cu	mg	0.118	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Manganese, Mn	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	46.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Thiamin	mg	0.112	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Riboflavin	mg	0.299	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Niacin	mg	4.124	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Pantothenic acid	mg	0.740	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.348	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	83.3	--	--	--	--	--	--	--	--	Calculated or imputed	15039	03/2009
Vitamin B-12	µg	13.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	36	--	--	--	--	--	--	--	--	Calculated or imputed	15039	02/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	120	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	1.37	--	--	--	--	--	--	--	--	Calculated or imputed	15039	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	5.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	5.4	--	--	--	--	--	--	--	--	Calculated or imputed	15039	03/2009
Vitamin D	IU	214	--	--	--	--	--	--	--	--	Calculated or imputed	15039	03/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	15039	02/2003
Lipids													
Fatty acids, total saturated	g	2.615	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

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8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	1.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	4.790	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
16:1 undifferentiated	g	0.797	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	1.944	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.924	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	1.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	2.735	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.274	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	1.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	77	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Amino Acids													
Tryptophan	g	0.258	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	1.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.872	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.682	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.247	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.899	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.778	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.378	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.678	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.393	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.438	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.814	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1991
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003